



Penn Arts & Sciences
East Asian Languages and Civilizations



賓大中文

Mental Health Wellness 2023 Series #8

Part 1: Failing Forward: Normalizing Failure And Understanding Its Role In Your Path To Success

October 11, 2023

Sponsored by the Matthew Y Wang Memorial Fund

Alumni Speaker Introduction



Alice Yeh, WG'14 G'14

Alice Yeh is a certified Life & Career Fulfillment Coach, helping high-achieving working professionals take calculated risks to break free from the same old boring routine and lead more fulfilled, balanced, meaningful, and happier lives.

She left the corporate world to pursue entrepreneurship after 15+ years of combined experience at J.P. Morgan, Google, and early and late-stage startups including working as an expat in Hong Kong, London, and Singapore.

Alice takes a more holistic vision of life and made life choices accordingly such as taking a yearlong sabbatical to travel and follow personal passions like starting a travel blog, learning Spanish, yoga teacher training, and Reiki Level 2 certification.

Alumni Speaker Introduction



Atthena Breitton, W'08

Atthena is a yoga & meditation teacher, pain & injury healer, and wellness advocate.

She was a former investment banker and venture capital / growth equity investor before she left the corporate world in 2015 and started her own business.

Atthena is a Yoga Alliance E-RYT 500 and Continuing Education Provider, and her clients include Ernst & Young, HSBC, U.S. Bank, GAP Inc., and Facebook (Meta).

She is passionate about personal development and has learned from some of the most reputable and seasoned life coaches around the country.

Who here enjoys failing?

*There is not a single person who has
never failed.*

Failure is...

1. Totally normal
2. Necessary for growth
3. An important component to achieving success





A promotional image for the Barbie movie featuring actor Ken Watanabe. He is smiling and wearing a green tank top. The background is a bright blue sky with a large, green, starburst-shaped sun. The word 'Barbie' is written in a large, stylized, light green font across the bottom. The text 'He's another Ken.' is written in a smaller, white font in the upper right area.

He's another Ken.

Barbie



Mike Bloomberg • 3rd+

Entrepreneur, philanthropist, UN Secretary-General's Speci...

1mo •

+ Follow



On August 1, 1981 - 42 years ago today - I got laid off from the only full-time job I'd ever had, with two months notice. It was embarrassing – none of my friends got fired. It was hurtful - after all the years I had devoted to the firm. It was worrisome – what would I do now? And it was unfair, or at least I thought so. But it also became a turning point in my life. I was 39 at the time and had no idea what the future held. I worked as hard as ever for those next two months, if not harder — to prove the bosses wrong — and the morning after my last day, I got to work on an idea that nearly everyone thought was crazy, an idea that became Bloomberg.

Show me a person who has never failed and I will show you a failure of a person. What we learn from failure, and what we do with that knowledge, is what matters — and it's what makes us who we are.

Photo credit: Ruby Washington/The New York Times/Redux



Failure = Bad



Failure = Knowledge and Experience

*Junior Internship:
Merrill Lynch,
M&A IBK Group*



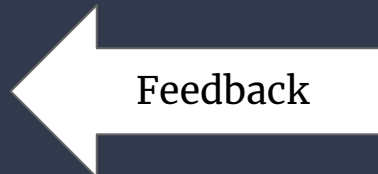
#1 Summer Analyst

Perfectionism



FAILURE

Top Tier Associate



Feedback

*First Year Analyst:
Bottom Tier*

*Failing is just the middle.
Not the end.*

My life has been a series of failures

Alumni Speaker Introduction



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First job out of undergrad at Princeton

She left the corporate world to pursue entrepreneurship after 15+ years of combined experience at J.P. Morgan, Google, and early and late-stage startups including working as an expat in Hong Kong, London, and Singapore.

What you don't see:

- Valedictorian



barely graduated with a 3.0 GPA

- Got a C in my Finance class

- Didn't get a summer internship at any of the big banks

How I Turned It Around:

- Classes were important but I also focused on developing my soft skills through extracurriculars
- Part-time job at local investment management firm during the school year
- I interned at a small boutique hedge fund during the summer

First job after Wharton MBA

She left the corporate world to pursue entrepreneurship after 15+ years of combined experience at J.P. Morgan, Google, and early and late-stage startups including working as an expat in Hong Kong, London, and Singapore.

What you don't see:

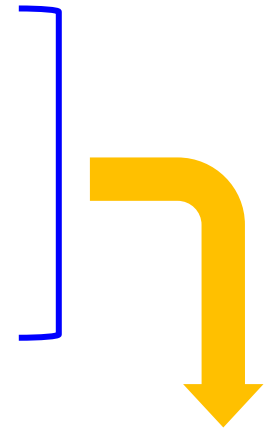
- Got a C in Brand Management Marketing
- Never got promoted
- Last performance review: Below Expectations



I was laid off after 4 years

How I Turned It Around:

Alice takes a more holistic vision of life and made life choices accordingly such as taking a yearlong sabbatical to travel and follow personal passions like starting a travel blog, learning Spanish, yoga teacher training, and Reiki Level 2 certification.



- Took 1 year off
 - Traveled to Costa Rica, Bali, and Australia
- Still able to go back to corporate world and get a job

- Eat
- Pray
- ~~Love~~ Slay

Additional Failures

What you don't see:

- COVID casualties → 2nd job layoff and travel blog failed
- 3rd job layoff most recently in March 2023



How I turned it around:

- Starting my own life coaching business
- Applying all my past knowledge and skills to this entrepreneurial venture

Key Takeaways

- Grades don't define you
- Failure happens a lot; treat them as learning opportunities
- If you're not failing, you're not growing



**You can't connect the dots
looking forward;
you can only connect them
looking backwards.
So you have to trust that the
dots will somehow connect
in your future.**

*Failure is an important component to
success.*

Why?

1. You put yourself out there
2. You took a risk and went outside of your comfort zone



- Every day her dad would ask,
*“what did you fail at
today?”*

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BY SARA BLAKELY®





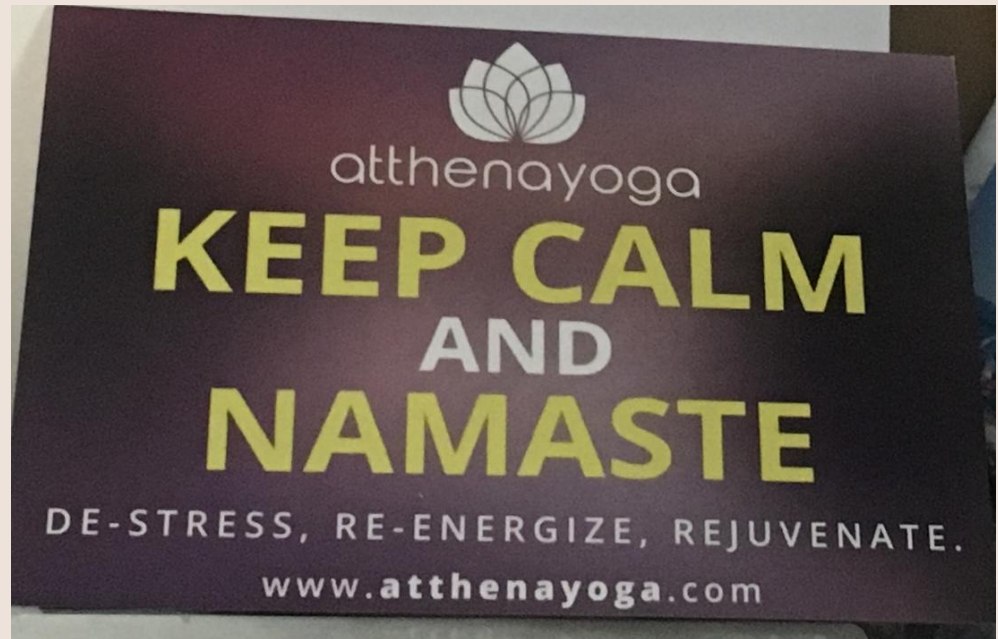
If you want to succeed, double your
failure rate.

— *Thomas J. Watson* —



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*Stood on the
corner of my
studio and passed
out these
postcards*



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Stretch, Tone & Relax (STR) Yoga

This class focuses on alignment & breath with creative sequencing & tailored techniques. Strengthen & stretch the body while calming the mind. Leave feeling stronger, more energized, looser & lighter.

Relax & Restore (R&R) Yoga and Meditation

Melt away your stress with our R&R method. Experience total relaxation through the use of essential oils, sound therapy & a combination of stretching, breathing & deep meditation. Leave feeling peaceful, calm & grounded.


This class uses custom mats developed by airweave, the leader in bedding technology, and is recommended especially for those suffering from insomnia & anxiety.

Seated Meditation

Give your mind a break from all the worries & stresses of life in this 30 minute seated meditation. Refocus the mind & leave feeling at ease, centered & collected.

NO EXCEL. NO POWERPOINT. NO CONFERENCE CALLS.

YOUR SANCTUARY FROM THE STRESS & NON-STOP LIFESTYLE OF NEW YORK CITY.



Schedule*

MONDAY	8pm
TUESDAY	8pm & 9:30pm
WEDNESDAY	8pm & 9:30pm
THURSDAY	8pm & 9:30pm
SATURDAY	11am & 11:45am

*Class times subject to change. Check online for latest schedule.

Two New Students

Put Myself Out There



6 days / week for 2 months



Alice Yeh (She/Her) • 1st

Life & Career Fulfillment Coach | Former Tech Sales Leader | ex-JP...

3mo •



I honestly can't remember a time where I was this excited to work every day! Is this real life?

A few months ago, I decided I wanted to pivot from the corporate world and embark on an entrepreneurial journey. I wanted to start my own business where I can make a positive impact on people's lives through life coaching.

The universe agreed with my decision since I got laid off a few weeks later. 😊 Funny how life works! It's a big leap of faith in myself, but I'm beyond excited to take on this new adventure and can't wait to see where it will take me.

I've been busy working on getting my coaching certification from the [Jay Shetty Certification School](#). It's been a life-changing and eye-opening experience so far as I enter this new life chapter. I'm learning and growing so much. I feel happier, more fulfilled, and more aligned with my goals. I've finally found my purpose and this is what I'm meant to be doing.

So it is possible to be excited about work and this is what it's supposed to feel like... It's also possible for you too! 6 months left to go in 2023 and big changes are coming. Stay tuned for more and how you can achieve this too as I continue on this solopreneur journey!

[#lifecoaching](#) [#findyourpurpose](#) [#personalgrowth](#)



Alice Yeh (She/Her) • 1st

Life & Career Fulfillment Coach | Former Tech Sales Leader | ex-JP...

2mo • 🌐



💡 What did you want to be when you were a kid? When I was asked this question during a core values exercise by my life coach at the time, something clicked in my head at that moment.

🍎 I had always wanted to be a teacher because I enjoyed learning about new things and wanted to teach and help others learn new things too. Throughout the rest of the session, I concluded that my core values are CURIOSITY and IMPACT. So of course, I wanted to be a teacher since they help feed curiosity and clearly have an impact on their students.

🌀 I've always been curious, which pushes me to want to learn new things and grow. And I feel fulfilled when I feel like I'm having an impact. These two values have driven my decision-making and acted as my compass throughout my life (whether I realized it or not) and indicated when I was happy or dissatisfied with my life.

✨ Now, coaching had always been something in the back of my mind as a potential career path to pursue so in that instant, I knew coaching was what I was supposed to be doing. Before that coaching session, I was struggling with what to do next in my life and career. As a result of the powerful core values exercise, I had clarity and knew what I wanted to explore next.

😬 Do you know what your core values are? If you're feeling stuck or unsure about your future, you need to know who you are first so you can figure out where you want to go. That's where core values help you define who you are and point you on the path of where to move forward. Connect with me if you want to explore your core values and help shine some light on yourself.



Alice Yeh (She/Her) • 1st

Life & Career Fulfillment Coach | Former Tech Sales Leader | ex-JP...

2mo • 🌐

🎉 Happy birthYAY to me! Another year around the sun...

🧐 When I reflect on the past year, a lot of change has happened (as it goes every year). Here are just a few of the milestones in no particular order:

- 💍 got engaged
- 🗑️ was laid off
- 🧐 but then started my own life coaching business!
- 🌊 learned how to snorkel in Galapagos
- 🏔️ hiked part of Cotopaxi
- 📉 lost 15+ pounds!
- 🏂 skied in Tahoe
- 🥤 first time to visit family in Taiwan since Covid
- 🧘 overall becoming healthier and more mindful - focusing on wellness, exercising and practicing more yoga and pilates, eating a more plant-based diet, and drinking less

😊 I'm thankful for everything that has happened - both the ups and downs. I've grown so much and stepped further into the person I was meant to be on this journey of living my best life.

💪 I'm excited to see what year 38 will bring. Cheers to another year of adventure, growth, endless possibilities for transformation, and unleashed potential - let's do this!

[#unleashyourpotential](#) [#birthdaypost](#)

In Summary

1. Impossible not to fail; it's what we do after we fail that's important
2. When we fail, we learn and gain invaluable knowledge and experience
3. Failing is all part of the process
4. **Key is to not let failure stop you – just keep going!**

Michael Jordan



Part 2: Mastering Failure To Make It Work For You: Hands-On Tools & Exercises

1. Learn practical tools to help you process and overcome failure to benefit you

1. 5:30pm – 6:30pm, Cohen Hall 402

1. Bring a notebook and pen!

Q&A

Connect with Us



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